

GOOD MEALS FOR SUNDAY PLANNED BY MRS. WILSON

Four Rules That Help in Successful Preparing and Serving of Dinner at Night—Friday Market Basket

By MRS. M. A. WILSON Copyright, 1920, by Mrs. M. A. Wilson. All rights reserved.

THREE dishes well cooked, and a welcome with all, both please the guests and become the hall.

The actual preparation of a meal requires skill and forethought quite different from those efforts put forth for the making of a single dish.

It is desirable to serve a light luncheon at noon, if only part of the family are at home for this meal; or, if they must return to business in the afternoon.

Apples with pork. Cranberries with poultry or turkey a blooded sauce, such as French dressing or tartar sauce, with fish.

Fourth, do not serve two or more varieties of starchy foods at the same meal, such as potatoes, hominy, rice and macaroni.

Dinner is usually the heavy meal of the day. Serve a clear soup, which will help stimulate the appetite and to increase the flow of digestive juices.

Now almost any one can plan for this meal and make it most attractive, if there need be no thought of the money spent, but where each penny must be counted, it will take careful planning and management to provide sufficient palatable food at a minimum cost.

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Menu BREAKFAST Oranges Cereal and Cream Panned Salt Mackerel Lyonnaise Potatoes Baked Apples

DINNER Tomato Canape Roast Saddle of Pork Brown Gravy Apple Sauce Sweet Potatoes Succotash Colelaw Coffee

Supper Cold Sliced Pork Baked Apples Potato Salad Sliced Tomatoes Crumb Cake Tea

In selecting a small shoulder of fresh pork keep in mind that there will be sufficient meat on a six or seven pound shoulder for reheating the pork for the Monday evening dinner and pork pie for Tuesday.

The market basket will require: Shoulder of fresh pork, One-half neck of apples, Four large onions, One salt mackerel, preferably two small ones, One-quarter peck of white potatoes, One-quarter peck of sweet potatoes, One quart of onions, One bunch of radishes.

Barley Broth Pork Pie Baked Peppers Stewed Tomatoes Apple Custard Coffee

Menu Contest Honor List Mrs. H. P. Hinchliffe 113 South Fortieth Street

Menu Tomato Mashed Potatoes Pot Roast, Mashed Potatoes Bread Butter Iced Tea

SALES SLIP Tomatoes (bisque or salad), one-quarter peck \$1.12 Milk (blue and white), one-half peck \$0.90 Flour and seasoning \$0.05

SALES SLIP One and one-half pounds beef \$4.48 Two pounds potatoes, second size \$1.10 Cabbage for coleslaw, one-half dozen \$0.32

Menu Mrs. E. Stout 2711 South Seventieth Street

Menu Battered Steak Fish Baked Potatoes Corn Filled Tomatoes Sweet Pickle Bread Lemon Pie Tea

SALES SLIP One and one-half pounds steak fish \$3.38 Potatoes \$1.10 Cabbage for coleslaw \$0.32

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A NEAT VANITY CASE

Durable corduroy covers this dainty little case, in any shade that matches your suit.

THE PRIZE MENU CONTEST! Three prizes are offered each week for the best menu.

First prize, \$2.50. Second prize, \$1. Third prize, \$1.

Give your full name and correct address on the menu. Also the date of sending it. The foods suggested must be staples and in season.

Send a sales slip, too, which will give the cost of all materials used. Address all menus to:

MRS. WILSON'S MENU CONTEST EVENING PUBLIC LEDGER INDEPENDENCE SQUARE

One head of lettuce, One small head of cabbage, Three ears of corn, One pint of shelled lima beans, One quart of cooking pears, Four nice tomatoes.

Lyonnaise Potatoes Peel and slice six onions in thin slices, then parboil. Drain and then place four tablespoons of shortening in the frying pan and add six cold boiled potatoes, cut in thin slices.

Four onions minced fine, One-half teaspoon of thyme, One-half teaspoon of sage.

Mix well and then pack into meat. Put plenty of flour into the meat. Roast slowly, allowing thirty minutes to the pound. Sweet potatoes may be roasted with the meat.

Place One cup of sugar, Two-thirds cup of water, Two cloves, Two allspice, Juice of one lemon.

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PLEASE TELL ME What to Do

A Lover of School If arrangements can be made to enter girls in your case party examinations, it would seem best not to delay.

To "Ex-Top Kick," Etc. Now, now, "Ex-Top Kick," you saw that Cynthia would not publish letters from the "Fun" and "Sophisticated" "Futuro" yesterday because they became abusive. Naughty, naughty, mustn't fight in the column.

A Rolling Stone "Emmet"—Cynthia is glad that with your very rational ideas of life and hereafter you are still able to recognize a sweet and lovely girl when you meet one. It is well for her that you will carry it no further. A wise woman would always do well not to marry a "rolling stone."

Follow Mother's Advice "Constant Reader"—You will do well to follow your mother's advice. She knows you and the young man in question and Cynthia does not. As a usual matter, it is well for her that you will carry it no further. A wise woman would always do well not to marry a "rolling stone."

Says He's Bored Dear Cynthia—I have worked my way through high school and the university and am now taking a special course in engineering. My school work has kept me very busy, and in my spare time I have been busy with my work. I am bored by the people I can meet this way, and I am taking a special course in engineering.

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CARELESS HEARTS

By HAZEL DEYO BATCHELOR Copyright, 1920, by the Public Ledger Company

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BORIS'S MOTHER EXPECTS HER TO WORK WHILE SHE RESTS

She Does Not Do Even Her Own Share When She Finally Makes Doris Help Her—She Does Not Inspire Respect

THEY have always said at home that Doris will never amount to anything.

Her mother can't do anything with her. She never helps with the younger children, and if there is no maid and the dishes have to be washed and the beds made, Doris never thinks of offering to help.

Most girls of fourteen do forget that unless they are reminded. She is a great trial to her mother, who sits down and wonders how she can make Doris learn to be helpful.

They spent the summer in a little bungalow at the seashore this year, and they had everything to do themselves. Doris's mother was so tired taking care of the children, washing all the dishes, making the beds and keeping the house clean, that she finally spoke to Doris's aunt, whom Doris adores.

"CAN'T you use your influence with Doris and make her help me a little?" Doris pleaded. "I don't know what to do with her, and I need help so badly."

The result was a long kindly lecture from Aunt Doris, reminding Doris that her mother had a good deal to do, and that she could be very helpful if she would just put herself out a little bit, and how much good it would do her, in the end, if she would just try a little.

After a week or two Doris went to